

# **Shrimp Stir Fry**

Shrimp stir fry will use up any leftover seafood from the lobster stew, added to a bed of rice or noodles. Canned seafood is well salted, almost too salty. Salt allows muscles and joints to work properly. If they aren't, this might be just the meal to perk them up! Don't crash on the floor, add one dash, a healthy one, to regular fresh food meals. This isn't a regular meal. This advice is dependent on the food you eat. Don't add additional salt without checking sodium levels with a qualified doctor.

## **Pre Cook Preparation:**

**Marinate: No**

**A. Timer set to the time to begin preparation prior to cooking**

**B. Stay with meal to stir frequently**

## **Meal Adaptations:**

### **Physical Accommodations:**

**Cut meat to bite sized pieces before sitting down**

**Frozen or canned vegetables can be used**

**Long oven mitts and oven rack puller**

**Sit on a stool while stirring**

### **Visual Accommodations:**

**Colored chopping boards**

## **Potential Food Allergy or Intolerance:**

**Broccoli**

**Butter (lactose)**

**Clams**

**Crab**

**Mushrooms**

**Mussels**

**Octopus**

**Oysters**

**Pepper**

**Shrimp**

**Spices**

**Meatless Preparation Avoid:****Butter****Clams****Crab****Mussels****Octopus****Oysters****Shrimp****Substitute with: \_\_\_\_\_****Utensils:****Chopping board****Fork****Paring knife****Pot holders****Spatula****Spoon****Pan: 8 inch frying pan****Ingredients:****Meat:****6.5 ounces of clams****6.5 ounces of crab****4 ounces of mushrooms****5 ounces of miniature shrimp****Vegetables:****4 ounces of broccoli****4 ounces of carrots****4 ounces of peas****Other ingredients:****4 ounces of rice****2 tablespoons of cooking oil****Spices such as pepper to taste****Preparation time: 10 minutes**

**Preparation:**

1. Add enough cooking oil to cover the bottom of the 8 inch frying pan.  
Turn heat on low.
2. Add to pan:
  - 4 ounces of broccoli
  - 4 ounces of carrots
  - 6.5 ounces of clams
  - 6.5 ounces of crab
  - 4 ounces of mushrooms
  - 4 ounces of peas
  - 4 ounces of rice
  - 5 ounces of miniature shrimp
  - 5 ounces of tuna
3. Stir frequently. Cook until boiling.
4. Turn down heat, and allow to simmer until liquid boils away.

**Cook Temperature: Medium to low**

**Cook Time: About 20 minutes**

**Servings: 2**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Not recommended**